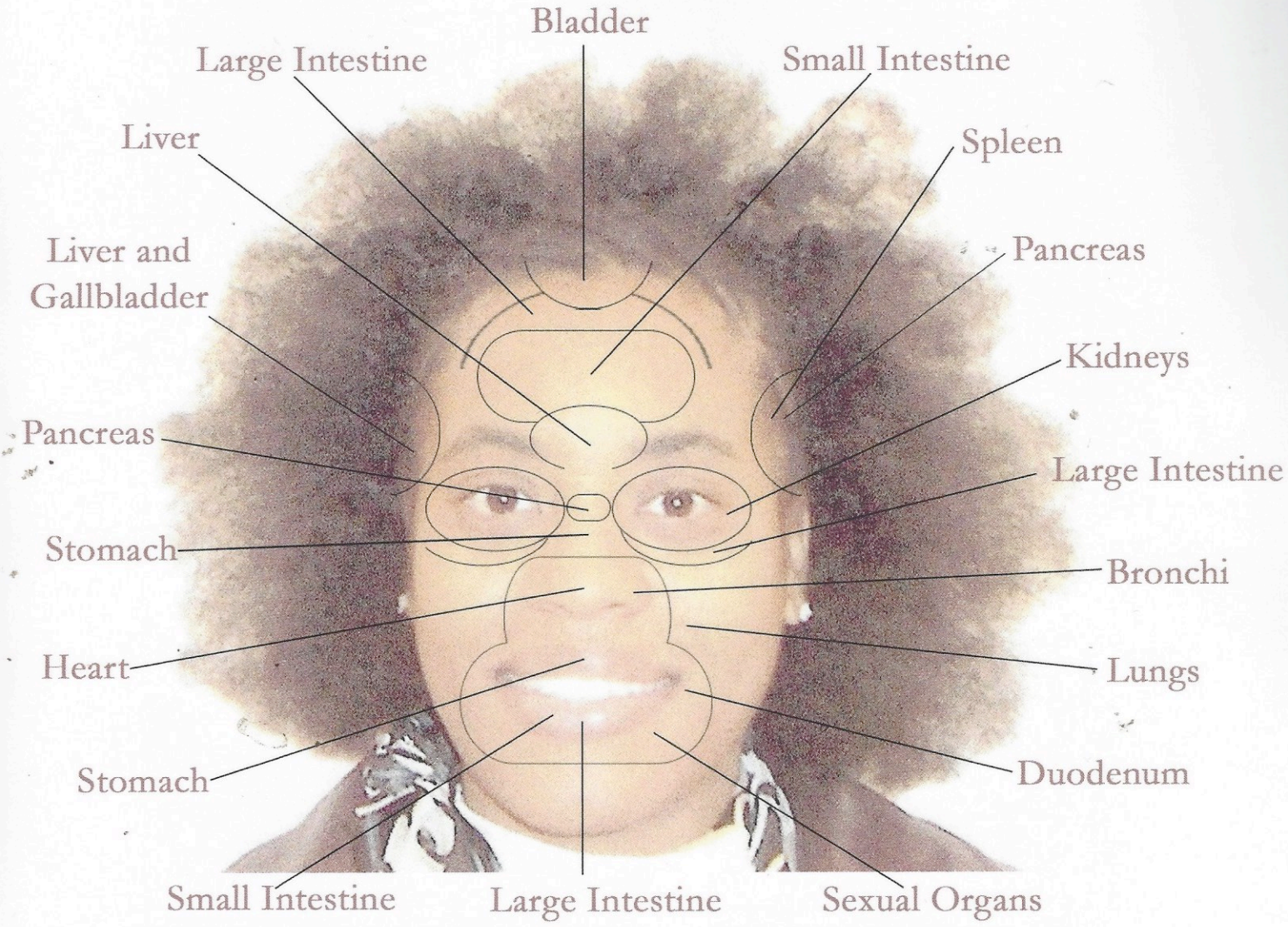
THE COMPLETE TEXTBOOK OF
HOLISTIC SELF DIAGNOSIS



Any inconsistency in the skin in an organ area indicates problems with that organ.

- Simple, easy-to-use diagnosis methods for non-professionals and professionals.
- Learn to identify diseases and their causes.
- Learn the many diseases revealed by the fingers, fingernails shape, lips, teeth, tongue, nose, ears, eyes, eyebrows, face, hair, sex positions, feet, etc.
- Many illustrations, charts, tables, and chemical tests.
- Learn many body signs of sickness.

Llaila O. Afrika

The Complete Textbook of

Holistic

Self Diagnosis

- Simple easy to use methods for non-professional and professionals
- Find the cause of a disease in less than a minute
- Take control of your health
- Many easy physical examinations that reveal disease
- Many Illustrations, Charts, Tables, and easy Chemical Test
- Learn many body symptoms of sickness
- You will identify the cause of an illness
- You can Prevent disease and Stop illness

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Introduction

Readers of this book will become aware of the many ways the body reveals an illness. Let Holistic Diagnosis help you to discover the cause of a disease. Diagnosis will no longer be a secret that is reserved for scientist and medical practitioner. And, those that are practitioners will gain more skills for diagnosing.

This book has many diagnosis methods. Choose a diagnosis method that is easy and comfortable for you to use. You can stay with one method and add others later. If you try to learn all the methods you may feel overwhelm. Some methods are easier than others while others present a challenge. Children and parents can learn many methods. Diagnosis skills will help you to gain the ability to investigate disease causes and prevent, avoid and overcome illness.

There are many subjective and objective types of diagnosis methods because people have different learning styles and types. The subjective (symptom) diagnosis requires observation with touch (palpatory), sight (ophthalmic), smell (olfactive) and hearing (auditory). The objective (signs) diagnosis use numbers to evaluate temperature, blood pressure, pulse rate, respiratory rate, pH (potential of hydrogen) and breathe hold time. The objective measures of chemical home test in this book are easy to perform and it does not require a chemistry background. The many subjective and objective diagnosis choices allow you to have different ways to arrive at a precise cause of a disease plus having different choices does not confine you to one method.

Many of the diagnosis methods in this book are derived from traditional medical practices and ancient traditions (accepted practice). Keep in mind that modern science is theory (belief unproven) based science. Modern science normal standards and scientific values for health and disease established for signs (objective measures) and symptoms (subjective measures) were never based upon a science of facts and non-beliefs. The traditional modern disease calibration classification standards used random people that were not tested for disease and their health status was not assessed. The random selected people used to set the normal standards for disease and wellness did not have similar ages, diets, lifestyles, jobs, medical histories, and weight or height. Also they may have had undiagnosed diseases. These people's sign and symptoms are used to set todays standards. This is not scientific but accepted in modern traditional medicine. Modern medicine has its tradition of using theories. Theories give a focus for ideas; however, a theory is a belief and guess, which relies upon the creativity of a scientist. A belief or guess is not scientific. The many theories used in science would be better taught in a philosophy class. It is unfortunate that theories are often accepted as scientific facts. Some of the theories are Electron Orbital, Free Radical, Anti-oxidant, Free Trait, Relativity, Space/Time, Left Hemisphere and Right Hemisphere of the Brain, Speed of Light, Determinism, Centrifugal, Catharsis, Orchid, Big Bang, Evolution, String, and Gravity etc. Both traditional medicine and modern medicine rely on their accepted practice (traditions). This book presents both traditions without prejudice. Both traditions have their limitations, range of use and unique languages. You should not feel uneasy or threaten of the diagnosis (unique languages). The purpose of language is to communicate to you an understanding of diagnosis.

In this book there are many diagnosis methods that do not require computer programs or many science gadgets. This allows you to use them without electricity or reliance on technologies, so you can freely use them in any place in the world. I have used these methods on my clients for many years with good results. The diagnosis skills in this book will enable you to see the human body as a dictionary that reveals the specific cause of disease. Without diagnosing skills many people buy remedies as if they are blindfold or go from one health practitioner to another searching for the solution to their illness. When you use diagnosis skills you can make intelligent choices of remedy solutions because you understand how the body uses symptoms and signs to tell you what is wrong. Use Holistic Diagnosis skills to claim your right to know what is going wrong in the body. You should not be a prisoner of diagnosis ignorance. Holistic Diagnosis gives you the right to claim power over illnesses and own you right to be healthy.

I wrote this book in 1990. It has had many challenges to get published. Publishers got me to sign with them with the promise to publish the book but never presented to me a final copy to approve. I contact many artists that assumed they could do medical illustrations and they could not. Their prices were too expensive and in the 1990s usually wanted to charge $50.00 to $70.00 per illustrated page. The artist prices caused many publishers to see the book as too expensive to produce. Finally, out of Frustration I did all my illustrations. I had not done art or illustrations in about 30 years. My artistic skill level is not precise. I humbly ask my deceased art teacher not to get out his grave to complain about the illustrations. He always would say the power of a graphic artist is in the ability to master straight and curved lines and brush strokes. It seems that this book had its own "Rites of Passage", rhythm, trials and tribulations, pregnancy and birth. My wife Melanie volunteered to type the text and scan illustrations. This required her to learn many computer programs and to become a computer geek. She invested tons of hours of energy and love into the book. Without her this book would still be in my closet crying to be born. Melanie is a Licensed Medical Practitioner (does not prescribe drugs, or treat STD's) and has used and taught many of the diagnosis methods in this book. We suggest you use the methods in this book to heal yourself and help others.

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About the Author

Llaila (la-ee-la) Afrika is a holistic health practitioner. He has been in the health profession for over 40 years. His background includes working as a social worker, psychotherapist, group facilitator, community organizer, nurse, and naturopath. Llaila has a Doctorate in Naturopathy diploma and is a Certified Addictionologist, Certified Acupuncturist, Massage Therapist and a licensed Traditional Healer in Ghana, Togo, and Benin. He is essentially self-taught in holistic sciences. Llaila is an author, teacher, lecturer, practitioner, and historian.

Llaila lectures and teaches certification classes with his wife Dr. Melanie Stevenson. The classes are of a wide variety such as Holistic Nutritional Counselor, Anatomy and Physiology, Massage, Needle-less Acupuncture, Ethical Midwifery, Hypnosis, Holistic Nutrition, Holistic Sex and Relationship, Holistic Skin Care and Analysis, Touch Diagnosis, Holistic Diagnosis etc.

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Diagnosing Instructions

The body uses changes on the outside skin quality (eyes are a type of skin) and hair quality and quantity to indicate changes on the inside skin such as organs and parts. Any inconsistency on the outside indicates an inconsistency on the inside.
When examining and assessing changes in the body's health look for inconsistency such as:

1. Texture Changes; dry, smooth, rough, oily, tenderness to touch, rashes
2. Integrity Changes: bumps, cyst, sores, scratches, cold, hot, slight warmth, or cool skin areas, edema (swelling puffiness)
3. Color Changes: dark or light areas, redness, blotches, paleness
4. Hair Change: (on the head, body, eyebrow, eye lashes)—thinning, short or long areas, split ends, curliness, limpness, coarse, fine, dry, oily, discoloration
5. Note the Acupuncture Meridian and or Point: changes in the skin, hair, and/or muscle soreness, tension, flaccid, and rigidness on an organ, or system acupuncture meridian point.
6. Anatomical Irregularities such as misalignments, structural change: irregular widths and lengths increase or decrease in size and shapes of bones and muscles (not due to body building), posture changes.

Health Assessments

Health Assessments

The health assessment is holistic (spirit, mind, emotions, and body). Each section of the body can have factors that may have caused an illness. The part (lower, middle, upper) that has more physical abnormalities (inconsistencies) than another part is the primary one focused upon for treatment.

Holistic Health Chart

Mind (Lower)	**Lower Area**	**Middle Area**	**Upper Area**
Physical trauma that affect area	Sex organs, bladder related to kidneys, rectum related to intestine, lymph glands, nerves, back	Liver, gallbladder, pancreas, spleen, large and small intestines, digestion, nerves, lumbar and thoracic spine	Brain, lungs, heart, glands, cervical
Body (Middle)	**Past Events**	**Present Events**	**Future Events**
Excessive use, under use, unresolved issues, emotional injury	Unhealed past painful or unhappy social or emotional event that has distorted ones ability to live.	Present emotional behavior and or lifestyle have distorted the ability to interpret reality.	Distorted perception and conception of future creates painful and unhappy emotions.
Spirit (Upper)	**Creating your Spirit**	**Moving your Spirit**	**Spiritual Purpose**
	Lack of understanding or use of spiritual intelligence, searching for right path in life	Not achieving movement toward goals to satisfy spiritual needs	Inadequate or lack of serving God's purpose for your existence. Identify and knowing the reason why you were created?
Trimesters (three month segments)	**First (three months)**	**Second (three months)**	**Third (three months)**
Stress during prenatal growth	Bonding and/or Reattachment problems	Identity and/or Competence problems	Concern and/or Intimacy problems
Enzyme/System (weak, stressed or impaired)	Lipase, Digestion System	Amylase, Nervous System	Protease, Circulatory System

Self-Diagnosis Steps

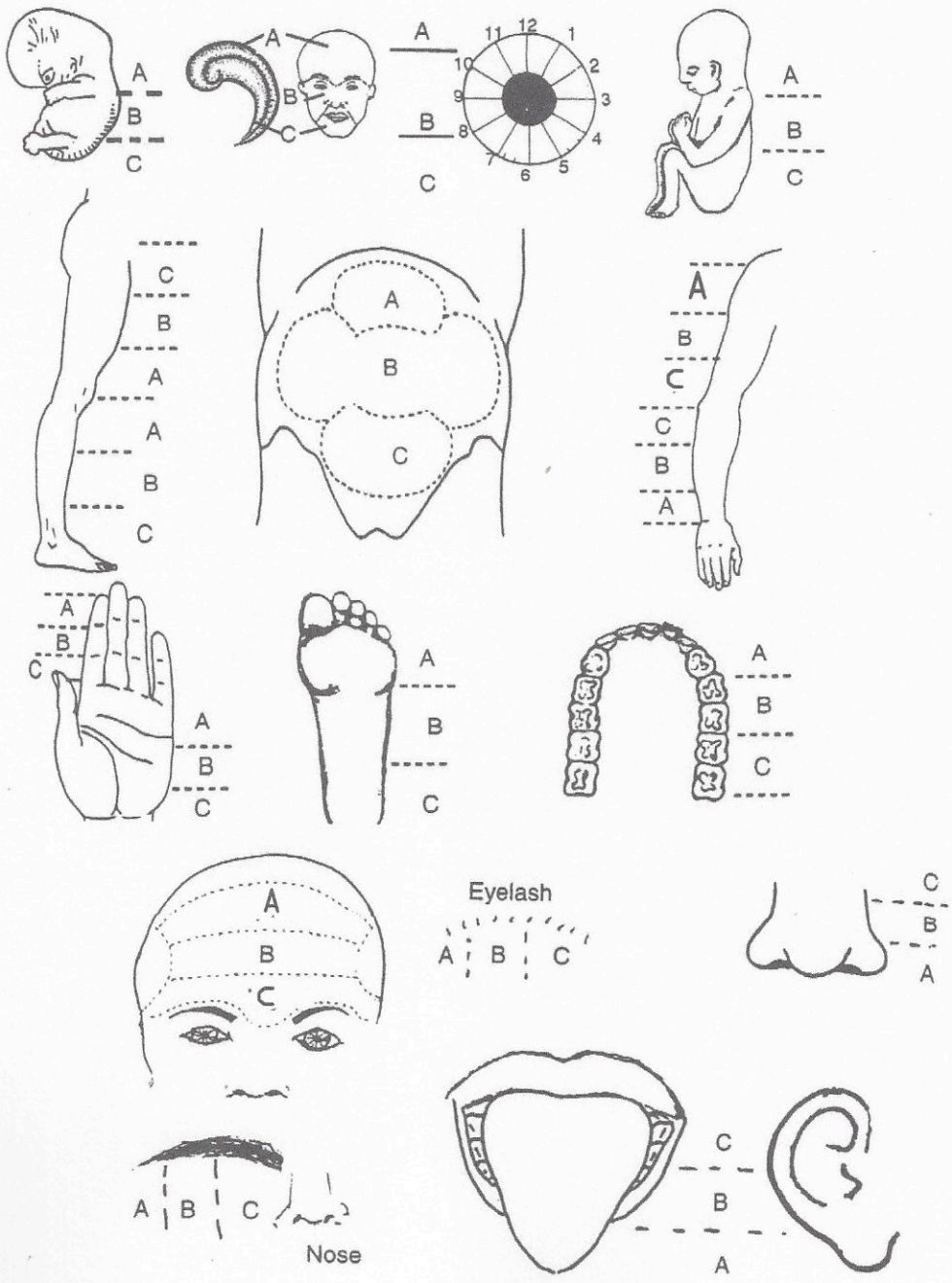
1. Select a part of the body to examine. Use the illustrations, charts and or tables related to body sections.
2. Locate the Lower, Middle, and Upper sections of that body part.
3. Look for inconsistencies in the sections.
4. Identify which section (Lower, Middle, Upper) has the most inconsistencies.
5. Examine at least four parts of the body (looking for inconsistencies). You can examine more.
6. You can choose an objective test such as a pH Test and or Multistix 10SG test or the Blood Pressure Pulse Table. Objective test are not mandatory.
7. Identify the numbers on the objective test that are the furthest away from normal. Relate the numbers to an organ system and body section.
8. Use the results of the subjective examination and objective pH, Multistix 10SG and/or Blood Pressure Pulse Table to identify the cause of the health problem or disease.

Organ Regions of the Body

The body was once an undifferentiated mass (an egg). All parts of the body were related to each other and specialization of parts of the egg produce organs and limbs. When parts of the egg began to separate and form organs and parts, the nerves related to those specific organs remained attached and grew longer. The nerves never lost their connection to the nucleus and/or central nervous system.

The three mayor divisions of the body are A= Upper Region, B= Middle Region, C= Lower Region. Spiritual Regions are A= Spiritual Purpose, B= Will your Spirit, C= Create Your Spirit. Holistic Regions A= Spirit, B=Mind, C=Body. Prenatal (before birth) Gestation Regions A= Third Trimester, B= Second Trimester, C= First Trimester.

Any inconsistency of skin integrity (discoloration, skin eruptions, excessive hotness or coldness, rashes, scratches) or slow blood refill when finger pressure is applied and then released) or pain, soreness or sensitiveness to touch, indicates that the organ related to that region is in a dis-ease condition or having problems.



Human Development – Skin Layers

The body developed from one cell that became many types of skin (derma), each particular organ and bodily part developed from that derma layer. Consequently, organs and parts share a common derma ancestry and have a biochemical and DNA relationship, which can cause them to share disease. A disease to an organ or system affects all parts developed from that skin (derm) layer.

Types of Skin Layers

Mesoderm

Pineal Gland (melanin), brain, spinal cord, heart, muscle, cartilage, kidney, sex organs, bones, lymph

Ectoderm

Bladder, mouth, urethra, lens cornea, nasal cavity, skin

Endoderm

Liver, pancreas, lungs, thyroid

Male/Female Principle

The Self Diagnosis methods help you to understand that the body has rigid fixed biochemical, pH, hormonal, psychological, spiritual, and electrical responses. The actions and reactions are bipolar (Male Principle, Female Principle). The body will not simultaneously have both responses together. The body will not breath in oxygen (inhale) and breath out carbon dioxide (exhale) at the same time. It will make a choice to do one or the other and never both. The autonomic nervous system is bipolar (Male and Female Principle). It will not completely turn on the sympathetic nervous system (Male Principle) and the parasympathetic nervous system (Female Principle) simultaneously. This is a fixed rigid rule of the body. The body will not let a woman be simultaneously half pregnant and half not pregnant. The body will not allow you to be sick and healthy simultaneously or have cancer that is sleep in the body and yet not have cancer. The body chooses one or the other. Therefore, you are pregnant or not pregnant, dead or alive, sick or healthy and have cancer or do not have cancer.

Whenever there is a choice between an action or reaction the body will choose either the Male Principe or Female Principle. When pinpointing the cause of the disease you should identify the body's biochemical response as the Male or Female Principle. For example, you have a choice between two body fluids urine and saliva. Urine is destroyed liquid food nutrients (liquid left after metabolizing food, juice, and or water) while saliva is a fluid enzyme used to nourish the body. The Male Principle is associated with waste, destruction, analytical thinking (breaking rationales apart) and action. Consequently, urine is Male. There is over activity (hyper=action) and under activity (hypo=relaxation). Therefore, hyperactivity is Male and hypoactivity is Female. Further, the heart has an action phase (systolic) and a resting phase (diastolic). The systolic is Male and diastolic is Female. There are two jawbones and two eyelids. The upper eyelid and lower jawbone moves more (Male) than the lower eyelid, and upper jaw (Female). Once a bodily action and/or reaction is classified as Male all the factors in the category Male are included such as pH acid, insulin hormone, burning of starch, focusing on the future life, moving (will) the spirit, left Hemisphere of the brain etc.

All health and disease action and reactions of the body are bipolar and holistic. Each action and reaction requires a change in the ratio of elements, vitamins, minerals, amino acids, fats, proteins, neurotransmitters, enzymes, hormones, and chemicals in the body. A change in the body's elements that make bio-chemicals has an effect on the brain's elements that make thoughts emotions and spirit vitality. Consequently, looking at all the factors in the category Male and Female Principles gives you a holistic picture of the biochemical elements that make behavior and physiological functions.

The science of biology and chemistry uses numbers and letters (mathematics) to talk about facts, and beliefs (theories). People and scientist use Logic/Rationales (mathematics) to explain Emotions (theories) and use Emotions (beliefs) to explain Logic (surveys, statistics, and polls which is Mob Rule). The Male Principle is used to explain the Female Principle and the Female Principle is used to explain the Male Principle. The mathematical language is another way of talking. Numbers translated into words. For example, the potential of Hydrogen (pH) is evaluated with a pH test. Consequently, the number 6.0 means Acid and the number 7.0 means alkaline. The holistic translation of 6.0 means acid, sympathetic stress, insulin, left hemisphere of the brain, mental focus on the future, the burning of starches, moving the spirit negatively toward your purpose, systolic and the Male Principle. Numbers are generated by using biochemical test and are objective measurements. The Multistix 10SG (SG=Specific Gravity) is an objective test that generates numbers. In Science the biochemical language of High Specific Gravity, Hemolyzed Blood and High Turbidity is another chemical method of saying Male Principle. There are many different words (languages) used to say Male or Female Principles. The changing from one word to another does not change the physiological processes. For example "breath-in", inhale, inspiration and aerobic while "breath-out" words are exhale, expiration and anaerobic. The words change the process remains the same.

Health/Self Help/Physiology/Biology/Chemistry/Astrology

First book of its kind on Holistic Self Diagnosis

- Many Illustrations and charts that guide you to diagnosis.
- Do-It-Yourself, step by step skills to lead you to a disease diagnosis.
- Explains practical methods that can be used by children, non-professionals and professionals.
- Explains the nutritional causes of High Blood Pressure, laboratory Blood Test results and Urine analysis.
- You will be able to quickly and accurately identify the cause of an illness.
- Helps you stop spending money on useless remedies.
- You will no longer be confused about how and why you got sick.
- You will enjoy the simple and easy to use diagnosing methods.
- No science background is required to diagnosis illnesses.

A master teacher of children and adults in many holistic diagnosis methods. He uses his extensive 40 years of experience as a former hospital nurse, respiratory technician, combine with his holistic health practitioner skills to explain diagnosis.

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